





# 頭怎會痛的？ Know Your Headache

Condensed from The American Mercury  
Robert H. Feldt, M.D.

Sometimes migraine is an allergic reaction. A midwestern businessman developed severe one-sided headaches every time he visited New York. Tests proved that he was sensitive to sea food. Though other allergic factors are more difficult to identify, once they have been discovered migraine can be prevented entirely by abstaining from the offending food.

有時偏頭痛是一種特殊敏感症。有一個中西部的商人每逢他到紐約時就犯起嚴重的頭痛症。經過試驗得知他對海味特別敏感。雖然其他的敏感因素很難鑑定，可以一旦被發現的時候，禁絕這種食物就可以完全把病免除了。

Since 1939 a new type of hemiparesis has been classified as a distinct disease. Dr. Bayard T. Horton of the Mayo Clinic was the first to describe it and perfect a cure that is 95 percent successful.

自一九三九年，有一種新型的偏癱症已被劃定為一種獨特的病症。麥考林診所的霍頓大夫首先發現了這種病症，並把它治療至痊癒百分之九十五的成功。

This new disease is brought on by transient overproduction of a natural body substance, histamine. When the blood becomes loaded with histamine, the arteries of one side of the head become distended. Patients sometimes discover for themselves that they can obtain relief by pressing on the large artery in the neck. Checking the flow of blood in this way reduces the congestion of the cranial arteries.

這種新病症的起因是由於身體中某種自然物質——西斯太明——生產過多所致。當血液中含有這種物質太多時，頭部一側的血管就膨脹起來。患者有時發現用力壓住頸部的大動脈就可以使頭痛減輕一些。因為這樣抑制一下血液的流動就可以減輕頭部動脈的血流現象。

A soldier was tortured by histamine headaches several times a week for four years before the condition was properly diagnosed. The attacks began at night with excruciating, burning pain in the right half of his head. If he was in bed, he sat bolt upright because recumbency was intolerable. Within a few minutes, his right nostril and right eye became congested and sore. In a couple of hours, the pain disappeared as suddenly as it had begun.

有一個兵士在診治之前患了四年這種西斯太明性頭痛，每星期要犯好幾次。犯病的時間在夜裏，右半頭部如熱火灼燒般難以忍受的疼痛。如果他已睡在床上，他就坐起來，因為躺臥下去更甚的厲害。幾分鐘後他的右鼻孔和右眼就充血起來而發生酸痛。兩小時後，疼痛就如發生時一樣突然的消失了。

As a test, doctors at Walter Reed Hospital gave him a hypodermic injection of artificially produced histamine. This was followed in a few seconds by a headache exactly like those he had suffered for so long.

根據霍頓大夫所發明的「以毒治毒」療法，就給這兵士施行少

量西斯太明注射，每天兩次共六星期。注射量逐漸增加，可是永遠保持在不起頭痛的程度之下。最後他對西斯太明的反應消失了。……於是頭痛也就痊癒了。

All patients with high blood pressure complain of headaches sooner or later, but the pains are not necessarily related to the variations in the height of the blood pressure. Many such headaches result from chronic nervous tension of fatigue, and a consequent distending of the cerebral arteries.

所有血壓高的患者遲早都要犯頭痛症，可是頭痛程度的輕重並不與一定與血壓高低成正比例。許多這種頭痛是由於慢性的神經緊張或疲勞，以致使腦血管發生充血現象而生。

At a recent meeting of the American Medical Association, Dr. Edward Weiss of Temple University School of Medicine cited a typical example from a group of nearly 100 patients who had been the subjects of careful psychosomatic study. This middle-aged woman had suffered from severe frontal headaches for years. Her blood pressure was high, 270/120. She was involved in a family situation from which she felt there was no escape. The mental catharsis of telling her story to Dr. Weiss resulted in definite improvement. And within a short time her headaches disappeared, although her blood pressure remained about the same as before.

美國醫學會最近舉行的一次會議上，由波醫科大學的魏斯博士發表了一個典型的病例。這是一個中年婦女，她患嚴重的 frontal 頭痛症多年。她的血壓很高，270/120。她處於一個家庭狀況中，她覺得沒有逃避的餘地。她向魏斯博士講述她的故事，結果產生了顯著的改善。在短時間內，她的頭痛消失了，雖然她的血壓還和以前一樣。

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and sometimes fatal deficiency of white blood cells. An aroused medical profession and public have nearly driven aminopyrine from the market.

十年前發現西斯太明（別名一種治療痛風的藥，市場上有各種牌號）對白血球有嚴重的甚至致命的破壞作用。醫學界引起而致之，幾乎使這種藥在市場上不能立足。

The headaches discussed in this article are the more common types. Those of psychogenic origin top the list in frequency, and can go on for years without seriously impairing vigor or well-being. Conversely, headaches of recent onset require immediate investigation because they may indicate the beginning of some serious ailment. But whatever the cause of the headache, it is wise never to take any patent headache medicines. The "cure" may turn out to be worse than the disease.

本文中討論的各種頭痛都是屬於普通型的。心理性的頭痛則佔多數，並且能多年不愈而無大損於精神與健康。反之，近日新患的頭痛症則需要詳細的檢查，因為它可能是嚴重結果的發徵。不論頭痛的原因是什麼，最好還是不用成藥。治療頭痛時，竟能出於意外之痊癒。

許多頭痛藥具有令人上癮的危險性。一位依利諾斯州的病人就是屬於此類。她服用藥片來治頭痛，最初很有效。可是她的頭痛漸漸充滿了一種疲勞，於是因藥而致頭痛發生。因為仍不知緣故，於是變成一個病態性的患者。為了除去她體內的疲勞需要長期的治療。Ten years ago the discovery was made that aminopyrine (another headache remedy marketed under various trade names) could cause a serious

(THE END)

## 杜魯門致國會咨文 促請緊急援歐，平抑物價 TRUMAN MESSAGE TO CONGRESS

美國新聞處稿 (續)

We should all ponder these questions: What would it avail the farmer, in the long run, if farm prices should go substantially higher only to be followed by a disaster such as occurred after the First World War? What would it avail the worker, in the long run, if inflationary wage increases, if they were followed by a repetition of the bitter experience when 15,000,000 workers were out of jobs? What would it avail the businessman to have record-breaking profits soar even higher, if they were followed by a depression which would imperil our whole system of enterprise?

我們大家應思考下列各問題：如果農產品售價因高漲而繼之以來的像第一次世界大戰以後所發生的一樣災禍，那末結果對農民究有什麼作用呢？工人獲得加薪後如果繼之而來的是重演一千五百萬失業的痛苦經驗，那末結果對他們究有什麼益處呢？商人獲得空前的盈餘以後，如果繼之而來的是我們整個企業制度的不景氣，那末結果對商人究有什麼益處呢？

The program which I have outlined is one designed to meet the existing emergency of inflation and exorbitant price levels. It is an emergency program which should be adopted to protect our standard of living for the immediate present and to make possible economic security in the future.

我所概述的計劃是旨在應付目前通貨膨脹和物價狂漲的緊急局勢，這是一種緊急計劃，用以保護我們目前的生活水準和未來的經濟安全。但是一個計劃設計到它本身不能成爲一種可以建設前途的計劃，但是欲達到將來的進步，第一步

## 蘇聯如何劫奪我政府 How The Russians Stole My Government

By Ferenc Nagy Ex-Premier of Hungary 著  
Translated by Sam. Chou 譯自星期六晚報

On that trip I had a terrifying view of my native land. Every city, every village, every crossroads had become a battlefield. Most of the buildings were demolished; last year's harvest still lay unthreshed; bridges and railroads were destroyed. We saw twice as many Russians as Hungarians—not only the roads but the fields and meadows were full of them everywhere. Since they lived off the country according to the custom of the Russian army, signs of starvation were already appearing among the peasants.

在那個旅途中，對故土我有個驚人的感覺。每城，每村，以及每個十字路口都變成一個戰場了。大部建築都被破壞了；去年的田莊仍然躺在地裡尚未收割。橋樑鐵路全被破壞。我們有見俄國人比匈牙利人還要多上兩倍。不僅是路上就是田地草場到處都充滿了他們，因為蘇聯軍的消滅生活時常的取糧於村，蘇聯軍隊已在農民中肆虐。

The new government was headed by the Hungarian General Miklos as Prime Minister, and contained two other generals who had gone over to the Russians toward the end of the war. The real power was wielded by seven other men — the Big Seven. Most of them had lived long in Russia, but now proclaimed themselves happy to be home, earnestly patriotic and loyal, though Communist in their political ideals.

新政府由匈牙利前首相將軍領導，此外還有其他兩位將軍他們都在戰爭結束時向俄國投降了，真正七個大頭，他們大半都是長期住在蘇聯的。我們必須承認，這種改組是小農民多年所期望的，現在忽然一天就由蘇聯把它通過了。

Arriving at Debrecen I tried to tone down some of the more drastic provisions of the bill. I urged that even big landowners be permitted to keep 100 HOLD (a hold is 142 acres), while the Russians insisted that those owning more than 1000 hold be left with nothing. Since our peasants were untrained in the sciences needed to develop small holdings, I suggested that enough state farms be retained for experimental in scientific agriculture. I suggested further that two disinterested persons be put on each land-distributing committee; and that church and educational foundations be reimbursed.

一到底我盡力將法案上激烈的條款化一些。我強調就是大地主亦將允許他保有土地一百個（每畝，四二英畝），但俄方却固執於一畝地者一律不給土地。因為我們的農民對科學耕作無訓練，需要發展小農，所以我建議須有足夠的官地預備作科學耕作的實驗場，同時我更建議每個土地分配委員會須有兩個大公無私的參加會議及教育服務者須選定之。

Zoltan Tildy called me aside with a harassed look and said: "Marshall Voroshilov has already laid down all the rules for Hungarian land reform."

賽爾頓合第帶着困難的樣子叫我到一旁說道：「瓦希里夫元帥早已將匈牙利一切土地改革規定妥矣。」

The Communists were trying hard to win over the common people but the effectiveness of their moves and propaganda was nullified by one massive fact: the conduct of the Russian army. The Hungarians could make allowances for the frenzied breakdown of discipline following hard campaigns. But when the excesses continued, month after month; when they were visited upon the homes and wives and families of the humblest citizens, the sense of shock grew.

(To Be Continued 未完)

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Washington, Dec. (USIS) — The United States and Panama recently signed an agreement covering the use of certain sites in the territory of Panama important for the defense of the Panama Canal. The agreement, which involves 14 sites, was signed in Panama by U.S. Ambassador General Frank T. Hines and the Acting Foreign Minister of Panama, Don Francisco A. Firoz.

美國新聞處華盛頓電：美國與巴拿馬最近簽立一協定，關於使用巴拿馬境內若干地點，該等地點對於巴拿馬運河之防衛上甚為重要，該協定包括十四個地點，係在巴拿馬由美大使及巴拿馬外交部長非羅斯所簽訂者。

The two Governments will appoint representatives to administer the agreement jointly. Under the terms, the United States assumes authority and responsibility for all technical, military and economic matters connected with operation of the sites.

兩國政府將派代表聯合執行該協定，依照條約，美國擔任負責管理一切關於該等地點之技術，軍事，及經濟事項。